

Getting Over Gout

Q: I have gout and my flare ups are getting more frequent. Any suggestions to help alleviate my suffering?

A: Gout usually affects men over age 30 but can happen at anytime to anyone. It is an arthritic pain felt in the joints, usually affecting the large toe. Gout symptoms usually develop following recent food and alcohol excess, surgery, infection, physical strain, or emotional stress. Gout occurs when the body produces too much or does not rid itself of enough uric acid, so that the acid accumulates in tissues in the form of needle-like crystals that cause pain. If you have gout, drink plenty of water because dehydration may make gout worse. Cut out the alcohol, especially beer. Stock your freezer full of cherries! Cherries lower uric acid and prevent attacks. Dark red berries (hawthorn berries and blueberries) can be used as well. Folic acid can be beneficial as it inhibits the enzyme xanthine oxidase, which is required for uric acid production. One of the herbs that can be used is Devil's Claw which helps reduce pain and inflammation. I have found that proteolytic enzymes can work wonders. Gout sufferers are at increased risk of developing kidney stones, kidney disease, high blood pressure, diabetes, high levels of triglycerides, and atherosclerosis. Use your painful gout as a warning sign from your body! It is time to get over your gout! Get some help and live a happier, healthier life.